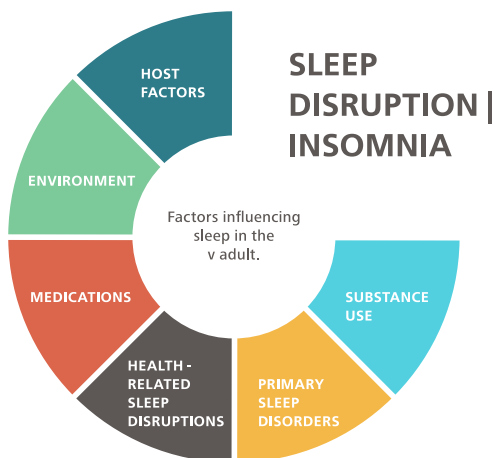




[www.cnmri.com](http://www.cnmri.com)



## Sleep Hygiene And Insomnia



### HOST FACTORS

- Age
- Cognitive impairments
- Response to stress
- Sleep related beliefs
- Sleep habits (daily sleep/ activity cycle, napping)

### ENVIRONMENT

- Inappropriate light and noise exposure
- Mismatched bedroom temperatures
- Disruptive schedules (medical, personal care)
- Limited social interactions
- Partner's habits

### MEDICATIONS

- Direct effect on sleep
- Indirect effects

### HEALTH-RELATED SLEEP DISRUPTIONS

- Pain
- Depression
- Nocturia
- Anxiety
- Dyspnea
- Heartburn
- Cough

### PRIMARY SLEEP DISORDERS

- Sleep-related breathing disorder
- Sleep-related movement disorder
- Circadian rhythm disorders

### SUBSTANCE USE

- Alcohol
- Tobacco
- Caffeine

### 1. Sleep only as much as you need to feel refreshed the following day

- Restricting your time in bed helps to consolidate and deepen your sleep
- Routinely spending an excessively long time in bed leads to fragmented and shallow sleep
- Get up at your regular time the next day no matter how little you slept

### 2. Get up at the same time every day, 7 days a week

- A regular wake time in the morning leads to regular time of sleep onset
- This is a great way to set up your 'biological' clock

### 3. Exercise regularly

- Exercise makes it easier to initiate sleep and helps to deepen sleep
- Schedule exercise times so that they do not occur within 3 hours of when you intend to go to bed

### 4. Make sure your bedroom is comfortable and free from disturbing light or noise

- A comfortable, noise-free sleep environment will reduce the likelihood that you will wake up at night
- Noise that does not waken you may still disturb the quality of your sleep
- Carpeting, insulated curtains and closing the door may help to reduce noise
- Background white noise may block out other potentially disturbing noises

### 5. Make sure your bedroom is at a comfortable temperature at night

- Excessively warm or cold sleep environments may disturb your sleep

### 6. Eat regular meals and do not go to bed hungry

- A light snack at bedtime (especially carbohydrates) may help sleep
- Avoid greasy or "heavy" foods

# Sleep Hygiene And Insomnia

## 7. Avoid excessive liquids in the evening

- Reducing fluid intake will minimize the need for trips to the bathroom

## 8. Cut down on all caffeine products

- Caffeinated beverages and foods (coffee, tea, soda, chocolate) may cause difficulty falling asleep
- Caffeine early in the day may disrupt nighttime sleep for some people (slow caffeine metabolizers)

## 9. Avoid alcohol, especially in the evening

- Although alcohol helps tense people fall asleep more easily, it causes awakenings later in the night

## 10. Smoking may disturb sleep

- Nicotine is a stimulant
- Try not to smoke during the night when you are having trouble sleeping

## 11. Don't take your problems to bed

- Plan time earlier in the evening for working on problems or planning the next day's activities
- Worrying may interfere with initiating sleep and produces shallow sleep

## 12. Train yourself to use the bedroom only for sleeping and sexual activity

- This will help condition your brain to see the bed as a place for sleeping
- Do not read, watch TV or eat in bed

## 13. Do not try to fall asleep

- This will only make the problem worse
- Instead, turn on the light and leave the bedroom

## 14. Put the clock under the bed or turn it so you cannot see it

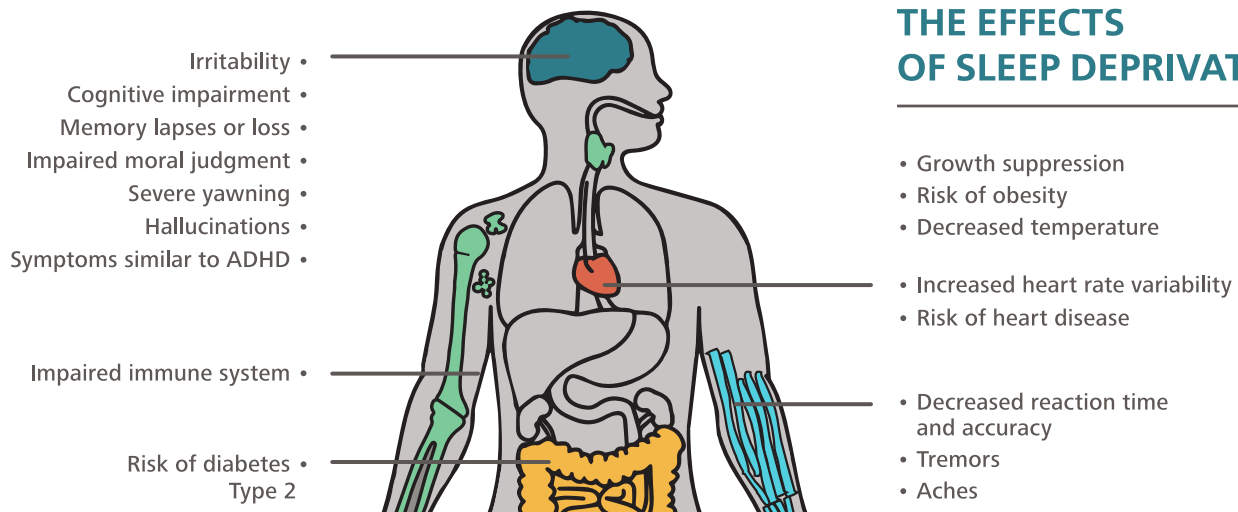
- Clock watching may lead to frustration, anger and worry with interferes with sleep

## 15. Avoid naps

- Staying awake during the day helps you to fall asleep at night

## 16. Try a Cognitive Behavior Program

- The Cleveland Clinic has a good one to try: Go to <http://bit.ly/cccbt>



## Resources

We encourage all patients to access information and learn more about their illness. For additional information you may visit our website [www.cnmri.com/sleep-medicine/](http://www.cnmri.com/sleep-medicine/)